

Wartburg College High School Girls Meet - 3/10/2009
Hoover Fieldhouse and Track
Results

Girls 55 Meter Dash

Top 8 Advance by Time

Name	Year School	Prelims	H#
Preliminaries			
1 Westrum, Whitney	Waukee Warri	7.48q	1
2 Dupee, Jazmine	Waukee Warri	7.63q	3
3 Young, Alex	CR Jefferson	7.69q	3
4 Motz, Julia	Mason City	7.75q	2
5 Lichty, Dasha	Cr-Kennedy H	7.76q	4
6 Jordan, Jaqueline	Cedar Falls	7.77q	7
7 Davis, Abby	Dowling Cath	7.81q	7
8 Collier, Jenise	Urbandale	7.87q	7
9 Robertson, Jamie	CR Jefferson	7.96	6
10 Olson, Kylee	Valley Commu	8.02	6
11 Beltranea, Caitlyn	Cr-Kennedy H	8.07	3
12 Barsetti, Maggie	Dowling Cath	8.09	7
13 Wetherall, Jessica	Hudson	8.15	5
14 Mcgraw, Brooke	north linn	8.15	1
15 Pirtle, Sara	Indianola	8.15	1
16 Tweed, Erica	South Tama C	8.16	1
17 Carman, Rachel	Keokuk	8.18	6
18 Bunting, Alex	Indianola	8.20	4
19 Hoyle, Shannon	South Hamilt	8.22	5
20 Hegtvedt, Katlyn	Mason City	8.23	5
21 Marquard, Hillary	Hudson	8.23	2
22 Schickel, Sarah	Newman Catho	8.23	4
23 Hawks, Alex	Johnston	8.27	6
24 Davis, Dani	Urbandale	8.32	5
25 Moyle, Megan	Valley Commu	8.32	7
26 Sigmund, April	South Hamilt	8.34	3
27 Knepper, Chantal	Williamsburg	8.37	5
28 Smith, Kourtne	South Tama C	8.41	3
29 Williams, Vaneesha	Waterloo Wes	8.41	2
30 Freiderich, Jenna	Forest City	8.44	3
31 Coleman, Alisha	Independence	8.51	2
32 Sandersfeld, Shae	Williamsburg	8.53	1
33 Eder, Sherokee	Independence	8.58	2
34 Bray, Hannah	Newman Catho	8.80	4
35 Luzum, Anne	South Winnes	8.92	2
36 Claman, Shelby	South Winnes	9.00	2
37 Purnell, Mia	Go-Hawks	9.02	6
38 Holt, Jessica	Go-Hawks	9.18	3
39 Tennyson, Becca	north linn	9.75	7
40 Bishop, Tiffany	Keokuk	10.37	7
-- Heaverlo, Alexis	Osage	SCR	4
-- Abrahamson, Missy	Wbm/Trv	SCR	4
-- Sankey, Kayla	Ames High	SCR	4
-- Houser, Miriah	Ames High	DNS	6
-- Erwine, Taylor	Johnston	DNS	7
-- Lempke, Kaley	Wbm/Trv	DNS	1
-- Martin, Lauren	Forest City	DNS	5
-- Perrin, Cortney	Osage	DNS	1
-- Beyer, Cali	Tripoli Pant	DNS	3
-- Hutchins, Brianne	Cedar Falls	DNS	5
-- Alston, Paris	Waterloo Wes	DNS	6

Girls 55 Meter Dash

Name	Year School	Finals
Finals		
1 Westrum, Whitney	Waukee Warri	7.44
2 Dupee, Jazmine	Waukee Warri	7.62
3 Young, Alex	CR Jefferson	7.66
4 Motz, Julia	Mason City	7.69
5 Lichty, Dasha	Cr-Kennedy H	7.75
6 Jordan, Jaqueline	Cedar Falls	7.76
7 Davis, Abby	Dowling Cath	7.79
8 Collier, Jenise	Urbandale	7.84

Girls 200 Meter Dash

Name	Year School	Finals	H#
1 Black-Scott, Ar'tiana	Waukee Warri	27.21	1
2 Sorensen, Jessi	Hudson	27.68	2
3 Schatzel, Maggie	Cr-Kennedy H	27.74	1
4 Peth, Rachel	Go-Hawks	27.75	1
5 Quick, Ashley	Johnston	28.13	2
6 Jordan, Jaqueline	Cedar Falls	28.28	1
7 Crandall, Daitin	Dowling Cath	28.32	2
8 Geertsema, Jordan	Independence	28.36	4
9 Duric, Zinka	Waterloo Wes	28.46	7
10 Freeman, Renee	Waukee Warri	28.81	2
11 Madsen, Ashley	CR Jefferson	29.01	4
12 Sigmund, April	South Hamilt	29.24	3
13 Schmitz, Vinessa	Cr-Kennedy H	29.53	3
14 Burke, Anna	Valley Commu	29.53	5
15 Beard, Haley	Urbandale	29.54	3
16 Fisher, Brittani	South Hamilt	29.64	4
17 Lourens, Anna	Urbandale	29.81	6
18 Pirtle, Sara	Indianola	29.97	5
19 Zimmerman, Breanna	Williamsburg	29.98	5
20 Fencl, Bre	Waterloo Wes	30.09	8
21 Pflughaupt, Amber	north linn	30.27	4
22 Schickel, Sarah	Newman Catho	30.27	7
23 Lensing, Emily	South Winnes	30.57	5
24 Teymer, Brianna	north linn	30.64	6
25 Hutchins, Brianne	Cedar Falls	30.77	1
26 Guerra, Taylor	CR Jefferson	31.09	6
27 Groth, Kelsie	Mason City	31.14	3
28 Lehmann, Shantel	Valley Commu	31.14	5
29 MacDonald, Katelyn	Go-Hawks	31.50	7
30 Church, Haley	Forest City	31.55	6
31 Heidt, Shaylee	Hudson	31.61	6
32 Grubb, Megan	Indianola	31.61	7
33 Kaiser, Olivia	Independence	31.69	5
34 Powers, Casey	Dowling Cath	31.75	2
35 Boland, Maggie	Williamsburg	31.99	8
36 Hensley, Courtney	Newman Catho	32.69	8
37 Root, Kelsey	Tripoli Pant	32.96	9
38 Quigley, Brittany	Tripoli Pant	33.38	9
39 Hageman, Allanda	South Winnes	33.85	7
40 Boldt, Caitlyn	South Tama C	36.04	7
41 Bartleson, Miranda	Forest City	36.30	8
42 Hayes, Kayla	Keokuk	36.38	9

43	Berger, Sierra	South Tama C	36.89	4
44	Brennan, Lindsay	Keokuk	38.80	9
--	Wagner, Nicole	Osage	SCR	9
--	Grimm, Wendy	Wbm/Trv	SCR	9
--	Knight, Kezia	Ames High	DNS	3
--	Grimm, Michaela	Wbm/Trv	DNS	6
--	Wandling, Emily	Ames High	DNS	1
--	Heim, Karley	Tripoli Pant	DNS	8
--	Nelson, Jennifer	Mason City	DNS	3
--	Heaverlo, Alexis	Osage	DNS	8
--	Hawks, Alex	Johnston	DNS	2
--	Nichols, Samantha	Go-Hawks	SCR	
--	Martin, Heidi	north linn	SCR	

Girls 400 Meter Dash

Name	Year	School	Finals	H#
1	Johannesen, Claire	Waukee Warri	1:02.48	1
2	Bravard, Madison	Dowling Cath	1:02.52	1
3	Cavanaugh, Katy	Waukee Warri	1:04.27	2
4	Sausser, Whitney	Williamsburg	1:04.54	3
5	Moyle, Megan	Valley Commu	1:05.28	2
6	Brandhorst, Jenna	Hudson	1:05.43	1
7	Wicks, Taryn	South Hamilt	1:06.23	5
8	Hennings, Kaitlyn	Cedar Falls	1:06.67	4
9	Beck, Samantha	CR Jefferson	1:07.04	2
10	Rickert, Hillary	Hudson	1:07.16	2
11	Carmichael, Kilei	Go-Hawks	1:07.61	2
12	Peth, Rachel	Go-Hawks	1:07.71	1
13	Binnie, Julia	Johnston	1:08.75	3
14	Lourens, Anna	Urbandale	1:08.85	7
15	Fisher, Alyson	South Hamilt	1:09.28	6
16	Abbas, Makayla	Cedar Falls	1:09.76	4
17	Egger, Bailey	Urbandale	1:10.28	6
18	Siddell, Kelsey	north linn	1:10.48	4
19	Lehmann, Brianna	Valley Commu	1:10.71	5
20	Devens, Jenna	Johnston	1:10.83	1
21	Yarrow, Allia	Mason City	1:11.14	3
22	Dyer, Anna	Indianola	1:11.87	6
23	Snyder, Kayla	Dowling Cath	1:12.17	1
24	Kindig, Allison	Cr-Kennedy H	1:12.42	2
25	Henderson, Haley	north linn	1:12.46	5
26	Callaway, Liz	CR Jefferson	1:12.50	4
27	Hauber, Kelley	South Winnes	1:12.76	6
28	Lichty, Kyla	Mason City	1:13.29	8
29	England, Sami	Williamsburg	1:13.70	3
30	Gullickson, Tally	South Winnes	1:14.17	7
31	Huffman, Haley	Indianola	1:15.53	4
32	Elder, Rachel	Keokuk	1:16.28	7
33	Anderson, Taylor	Tripoli Pant	1:16.58	6
34	Van Overbeke, Alexis	Forest City	1:18.14	8
35	Hunter, Becka	Keokuk	1:21.55	7
36	Sichanthongthip, Anna	Forest City	1:28.49	8
--	Bell, Karen	Ames High	DNS	3
--	Banach, Bailey	Ames High	DNS	3
--	Dahlhauser, Callie	Wbm/Trv	DNS	8
--	Frieden, Amanda	Wbm/Trv	DNS	4
--	Hunger, Kylie	South Tama C	DNS	5
--	Frundle, Sam	South Tama C	DNS	5
--	Seymour, Jordan	South Tama C	DNS	5

-- Fischels, Katie	Independence	DNS	7
-- Fischels, Jasmine	Independence	DNS	6
-- Thompson, Jen	Osage	DNS	8
-- Recker, Kendallyn	north linn	SCR	

Girls 800 Meter Run

Name	Year School	Finals
1 Flood, Katie	Dowling Cath	2:22.90
2 Olson, Bethany	South Hamilt	2:29.76
3 Kipp, Molli	Johnston	2:37.08
4 Kleve, Maddie	Johnston	2:38.30
5 Weier, Kayla	Dowling Cath	2:38.99
6 Kayvan, Morgan	Keokuk	2:39.21
7 Alberts, Alana	Cedar Falls	2:39.84
8 Goetzl, Serena	Urbandale	2:40.24
9 Osweiler, Caitlin	Williamsburg	2:40.92
10 Anton, Monica	Cedar Falls	2:44.04
11 Armstrong, Maggie	Williamsburg	2:44.48
12 Jackson, Amanda	Waukee Warri	2:45.04
13 Zumbach, Taylor	north linn	2:46.92
14 Kunze, Josie	Waukee Warri	2:49.41
15 Cruse, Kali	Mason City	2:50.28
16 Johnson, Maddie	Mason City	2:50.58
17 Benson, Emily	Urbandale	2:52.58
18 Harris, Kelsey	Go-Hawks	2:52.62
19 Thompson, Adrian	Hudson	2:53.21
20 Kahrs, Shantel	Hudson	2:53.25
21 Frundle, Sam	South Tama C	2:53.51
22 Farrell, Alexia	Go-Hawks	2:54.90
23 Waring, Shannon	north linn	2:58.70
24 Glaza, Jenna	Tripoli Pant	2:58.89
25 Replinger, Renae	Indianola	3:01.58
26 Huddleston, Kelsey	CR Jefferson	3:03.67
27 Knapp, Lexie	Keokuk	3:07.41
28 Boor, Katie	South Hamilt	3:09.27
29 Klostermann, Amber	Tripoli Pant	3:09.30
30 Chapman, Carmen	Valley Commu	3:09.91
31 Thomas, Chelsea	Indianola	3:10.59
32 Liebe, Mickenna	Valley Commu	3:10.72
33 Wenthold, Ashley	South Winnes	3:10.84
34 Jenson, Emily	Forest City	3:20.08
35 Ward, Amanda	South Winnes	3:52.00
-- Upah, Kristen	Ames High	DNS
-- Kinnison, Haley	CR Jefferson	DNS
-- Kosar, Morgan	Waterloo Wes	DNS
-- Block, Annie	Ames High	DNS
-- Berte, Sarah	Wbm/Trv	DNS
-- Monson, Hallie	Forest City	DNS
-- Fischels, Jasmine	Independence	DNS
-- Cowan, Jordan	Waterloo Wes	DNS
-- Fischels, Katie	Independence	DNS
-- Moorman, Laura	north linn	SCR

Girls 1500 Meter Run

Name	Year School	Finals
1 Flood, Katie	Dowling Cath	4:50.28
2 Moen, Katy	Wapsie Valle	5:08.31
3 Belner, Anna	Johnston	5:08.64
4 Meyer, Sam	Williamsburg	5:09.93
5 Bruett, Sammi	Urbandale	5:11.15
6 Kipp, Molli	Johnston	5:21.17
7 Savage, Hannah	Cedar Falls	5:23.32
8 Kruckenber, Kaly	Newman Catho	5:25.91
9 Kayvan, Morgan	Keokuk	5:26.03
10 Stike, Cara	Cedar Falls	5:28.85
11 Penado, Norma	Urbandale	5:32.64
12 Hansen, Katie	Hudson	5:33.26
13 Garvey, Hannah	Hudson	5:33.78
14 Ritchie, Kiley	Williamsburg	5:35.02
15 Thacker, Aimee	Dowling Cath	5:35.20
16 Bardsley, Rachel	Cr-Kennedy H	5:35.37
17 Bushman, Ingrid	Valley Commu	5:37.32
18 Scheckloth, Hannah	CR Jefferson	5:37.41
19 Koch, Allie	Cr-Kennedy H	5:51.05
20 Hagamen, Paige	north linn	5:56.59
21 Little, Kaitlin	Tripoli Pant	5:58.22
22 Henderson, Alyssa	South Hamilt	6:00.90
23 Newbrough, Erica	Tripoli Pant	6:10.99
24 Spain, Alexis	Valley Commu	6:15.06
25 Jordahl, Katie	Forest City	6:19.32
26 Lekin, Kelsie	CR Jefferson	6:20.30
27 lightle, jenna	north linn	6:21.00
28 Olson, Liz	Forest City	6:21.26
29 McEniry, Kelsey	Mason City	6:21.99
30 Anderson, Erin	South Winnes	6:24.40
31 Ward, Kristina	South Winnes	6:29.98
32 Haywood, Anna	Go-Hawks	6:33.17
33 Boor, Emma	South Hamilt	6:34.20
34 Repplinger, Renae	Indianola	6:45.78
35 Huffman, Lisa	Mason City	6:59.00
36 Kieler, Dawn	Independence	7:15.21
37 Thomas, Chelsea	Indianola	7:27.94
-- Miller, Rebecca	Ames High	DNS
-- Herbault, Melanie	Waukee Warri	DNS
-- Martin, Courtney	Ames High	DNS
-- Hogan, Mckenna	north linn	SCR
-- Foley, Sara	Wbm/Trv	SCR
-- Henrich, Rachel	Newman Catho	SCR
-- Hendrickson, Marissa	Osage	SCR
-- Allison, Avery	Waukee Warri	SCR
-- Bennett, Brooke	Wbm/Trv	SCR

Girls 3000 Meter Run

Name	Year School	Finals
1 Decker, Ashlie	Dowling Cath	10:43.36
2 Kruckenber, Kaly	Newman Catho	11:35.14
3 Goetzl, Serena	Urbandale	11:39.78
4 Brush, Emily	Waukee Warri	11:43.29
5 Garvey, Hannah	Hudson	11:52.46
6 Hubbell, Diane	Dowling Cath	11:52.75

7	Smith, Jenn	Cr-Kennedy H	12:09.66
8	Bushman, Ingrid	Valley Commu	12:10.39
9	Bruer, Amber	Williamsburg	12:19.63
10	Manders, Katharine	Cr-Kennedy H	12:20.66
11	Eaves, Alyssa	Johnston	12:22.18
12	Gerdes, Morgan	Waterloo Wes	12:26.41
13	Helms, Taylor	north linn	12:35.97
14	Ausborn, Nicole	Mason City	12:38.87
15	Philiph, Amanda	Johnston	12:46.40
16	Stahl, Jessica	Williamsburg	12:49.60
17	Lien, Megan	South Winnes	13:11.82
18	Nesvik, Debbie	South Winnes	13:12.46
19	Bjurstrom, Courtney	Urbandale	13:13.98
20	Aunan, Callie	Waukee Warri	13:23.28
21	Hanson, Chelsea	Hudson	13:36.95
22	Anderson, Emilie	Mason City	14:13.60
23	Wies, Helen	Newman Catho	14:19.98
24	Houdeshell, Ellyn	South Hamilt	14:47.35
25	Huddleston, Haley	CR Jefferson	14:57.53
26	Staples, Sarah	South Hamilt	16:38.25
--	Richards, Abby	Valley Commu	DNS
--	Hogan, Mckenna	north linn	DNS
--	Traetow, Carrie	Cedar Falls	DNS
--	Johnson, Brooke	Osage	DNS
--	Olson, Liz	Forest City	DNS
--	Huber, Emily	CR Jefferson	DNS
--	Benson, McKinna	Tripoli Pant	DNS
--	Hauber, Rachel	Ames High	DNS
--	Schweikert, Brooke	Ames High	DNS
--	Bauer, Liz	Cedar Falls	DNS
--	Bruer, Natasha	Williamsburg	DNS
--	Bennett, Brooke	Wbm/Trv	DNS
--	Foley, Sara	Wbm/Trv	DNS

Girls 55 Meter Hurdles

Top 8 Advance by Time

Name	Year School	Prelims	H#
Preliminaries			
1	James, Emily	Waukee Warri	9.08q 6
2	Chesnut, Taylor	Johnston	9.08q 6
3	Miles, Kyla	Urbandale	9.15q 4
4	Curtis, Cassie	Johnston	9.15q 3
5	Carmichael, Kilei	Go-Hawks	9.18q 1
6	Youde, Molly	Cedar Falls	9.42q 3
7	Hosper, Amanda	Cedar Falls	9.59q 5
8	Engel, Chelsea	Hudson	9.60q 1
9	Krier, Rachel	Dowling Cath	9.63 5
10	Carlberg, Jillian	Waukee Warri	9.82 7
11	Lehmann, Brianna	Valley Commu	9.85 4
12	Ingersoll, Tricia	Go-Hawks	9.90 3
13	Sheahan, Hayley	Mason City	9.94 2
14	Kleveland, Jessica	Forest City	10.04 6
15	Lutter, Becca	South Hamilt	10.04 2
16	Green, Tasha	South Tama C	10.05 1
17	Sausser, Whitney	Williamsburg	10.07 7
18	Naber, Katie	CR Jefferson	10.08 4
19	Jones, Lauren	Dowling Cath	10.08 5
20	michael, kallee	north linn	10.37 3
21	Swisher, Rachael	Waterloo Wes	10.38 3

22	Carroll, Melanie	Mason City	10.40	2
23	Vold, Cassie	South Hamilt	10.40	5
24	Geertsema, Mickey	Independence	10.43	3
25	Peters, Morgan	Tripoli Pant	10.51	6
26	letts, falisha	north linn	10.52	4
27	Moyle, Kendra	Valley Commu	10.66	7
28	Zimmerman, McKenna	Urbandale	10.70	7
29	Bigbee, Mackenzie	Williamsburg	10.71	5
30	Shirey, Tracy	Waterloo Wes	10.71	6
31	Cartney, Sara	Hudson	10.76	4
32	Heeren, Tessa	South Tama C	10.94	6
33	Naber, Tara	CR Jefferson	10.98	3
34	Washburn, Whitney	Keokuk	11.08	1
35	Jacobsen, Lizzy	Independence	11.16	7
36	Stubbs, Ashley	Cr-Kennedy H	11.49	1
37	Mason, Rae Anne	Cr-Kennedy H	11.55	6
38	Moinot, Janelle	Forest City	11.94	2
39	Hoppenworth, Sara	Tripoli Pant	13.14	4
40	Brennan, Lindsay	Keokuk	13.20	1
--	Johnson, Amelia	Osage	DNS	2
--	Dahlhauser, Callie	Wbm/Trv	DNS	1
--	Dahlhauser, Madi	Wbm/Trv	DNS	7
--	Bruer, Natasha	Williamsburg	DNS	7
--	Ackerman, Steph	Osage	DNS	7
--	Lensing, Emily	South Winnes	DNS	2
--	Shindelar, Sam	South Winnes	DNS	1
--	Andersen, Maddie	Ames High	DNS	5
--	Syrkin-Nikolau, Judy	Ames High	DNS	4

Girls 55 Meter Hurdles

Name	Year School	Finals
Finals		
1	James, Emily	Waukee Warri 8.97
2	Curtis, Cassie	Johnston 9.03
3	Chesnut, Taylor	Johnston 9.04
4	Miles, Kyla	Urbandale 9.06
5	Carmichael, Kilei	Go-Hawks 9.17
6	Hosper, Amanda	Cedar Falls 9.40
7	Engel, Chelsea	Hudson 9.42
8	Youde, Molly	Cedar Falls 9.55

Girls 4x200 Meter Relay

School	Finals	H#
1	Hudson 'A'	1:50.24 1
	1) Garvey, Hillary	2) Sorensen, Jessi
	3) Halstead, Holly	4) Evers, Marisa
2	Waukee Warriors 'A'	1:53.09 1
	1) Freeman, Renee	2) Raike, Lauren
	3) Romano, Mariah	4) Franks, Meganne
3	Cr-Kennedy High School 'A'	1:55.48 2
	1) Simmons, Mariah	2) Heffernen, Ashley
	3) Schmitz, Vinessa	4) Lichty, Dasha
4	Johnston 'A'	1:55.86 2
	1) Erwine, Taylor	2) Devens, Jenna
	3) Liljedahl, Gabrielle	4) Coleman, Felicia
5	Urbandale 'A'	1:57.49 1
6	Valley Community 'A'	1:58.33 2

1) Frieden, Lexi	2) Metzger, Marla		
3) Olson, Kylee	4) Moyle, Megan		
7 Williamsburg 'A'		1:58.47	2
1) Zimmerman, Breanna	2) Eckenrod, Morgan		
3) Knepper, Chantal	4) Sauser, Whitney		
8 Mason City 'A'		1:58.65	3
1) Decker, Cheri	2) Groth, Kelsie		
3) Stecker, Brooke	4) Sgontz, Taylor		
9 CR Jefferson 'A'		1:58.70	2
1) Robertson, Jamie	2) Berryman, Andria		
3) Beck, Samantha	4) Callaway, Liz		
10 South Tama Co. 'A'		1:58.72	3
1) Tweed, Erica	2) Smith, Kourtne		
3) Heeren, Tessa	4) Green, Tasha		
11 Keokuk 'A'		2:00.84	1
1) Bahl, Kelly	2) Kies, Chelsea		
3) Franklin, Grace	4) Carman, Rachel		
12 Cedar Falls 'A'		2:01.31	2
1) Gillett, Kaitlyn	2) Abbas, Makayla		
3) Hennings, Kaitlyn	4) Herkelman, Chelsea		
13 Waterloo West 'A'		2:02.00	3
1) Aimable, Maurisa	2) Gorsche, Sarah		
3) Anderson, Charmin	4) Durnin, Devann		
14 Tripoli Panthers 'A'		2:02.26	3
1) Hoppenworth, Sara	2) Beyer, Cali		
3) Ollendieck, Erica	4) Wedemeier, Micah		
15 Forest City Girls 'A'		2:02.56	4
1) Farland, Courtney	2) Busta, Amanda		
3) Hall, Bethany	4) Sopko, Victoria		
16 South Hamilton 'A'		2:02.81	5
1) Vold, Cassie	2) Howard, Dana		
3) Fisher, Alyson	4) Wicks, Taryn		
17 South Winneshiek 'A'		2:03.04	3
1) Shindelar, Sam	2) Smith, Roxy		
3) Holthaus, Brittany	4) Luzum, Anne		
18 Indianola 'A'		2:05.62	3
1) Pirtle, Sara	2) Grubb, Megan		
3) Bunting, Alex	4) Powers, Morgan		
19 Go-Hawks 'A'		2:07.02	4
1) Brandt, Shayna	2) Purnell, Mia		
3) Lee, Amanda	4) Skillen, Jordan		
20 north linn 'A'		2:07.68	5
1) Kula, Allison	2) walling, liza		
3) Novak, alex	4) Dobney, Sara		
21 Independence 'A'		2:07.75	4
1) Jacobsen, Lizzy	2) Eder, Sherokee		
3) Coleman, Alisha	4) Brunko, Morgan		
-- Wbm/Trv 'A'		DNS	4
1) Simms, Shayla	2) Lempke, Kaley		
3) Foth, Megan	4) Grimm, Michaela		
-- Ames High 'A'		DNS	1
1) Wandling, Emily	2) Grant, Lauren		
3) Norris, Kristen	4) Houser, Miriah		
-- Dowling Catholuic 'A'		DNS	1
1) Davis, Abby	2) Bravard, Madison		
3) Krier, Rachel	4) Knoblauch, Kelsey		
-- Osage 'A'		DNS	5
1) Adams, Tara	2) Johnson, Brooke		
3) Rawn, Carrie	4) Perrin, Cortney		

Girls 4x400 Meter Relay

School		Finals	H#
1 Johnston 'A'		4:07.83	1
1) Shoeman, Krista	2) Quick, Ashley		
3) Curtis, Cassie	4) Clock, Amber		
2 Waukee Warriors 'A'		4:08.70	1
1) Johannesen, Claire	2) Westrum, Whitney		
3) Black-Scott, Ar'tiana	4) Gnade, Colette		
3 Hudson 'A'		4:11.75	1
1) Garvey, Hillary	2) Brandhorst, Jenna		
3) Halstead, Holly	4) Evers, Marisa		
4 Urbandale 'A'		4:19.06	1
5 Dowling Catholuic 'A'		4:21.56	1
1) Tobias, Heather	2) McLaughlin, Grace		
3) DeHaes, Hanna	4) Kayser, Holly		
6 Cedar Falls 'A'		4:22.25	1
1) Crotty, Cassie	2) Hersom, Paige		
3) Weichers, Jordan	4) Duchman, Allison		
7 South Hamilton 'A'		4:27.17	2
1) Fisher, Brittani	2) Sigmund, April		
3) Weltha, Sierra	4) Rexroat, Caitlin		
8 CR Jefferson 'A'		4:28.18	2
1) Young, Alex	2) Madsen, Ashley		
3) Naber, Katie	4) Rizer, Maddy		
9 Forest City Girls 'A'		4:29.01	2
1) Colmon-Monson, Jazayme	2) Reece, McKenzie		
3) Freiderich, Jenna	4) Martin, Lauren		
10 Valley Community 'A'		4:29.66	2
1) Spain, Alexis	2) Burke, Anna		
3) Moyle, Kendra	4) Lehmann, Shantel		
11 Mason City 'A'		4:31.88	2
1) Wubben, Katie	2) Sanchez, Brooke		
3) Nelson, Jennifer	4) Sheahan, Hayley		
12 Indianola 'A'		4:36.51	2
1) Arndt, Alison	2) Huffman, Haley		
3) Perry, Kendra	4) Bailey, Katie		
13 Cr-Kennedy High School 'A'		4:37.43	3
1) Koskamp, Hannah	2) Terikina, Megan		
3) Huebsch, Kristen	4) Rohling, Hannah		
14 north linn 'A'		4:39.18	3
1) Martin, Heidi	2) Siddell, Kelsey		
3) Henderson, Haley	4) ondlar, Kayley		
15 Independence 'A'		4:41.74	3
1) Short, Brittney	2) Geertsema, Mickey		
3) Meyer, Kara	4) Zeiser, Kelsey		
16 Williamsburg 'A'		4:41.79	3
1) Meade, Emily	2) Spratt, Lindsey		
3) Anderson, Hannah	4) Miller, Lana		
17 Waterloo West 'A'		4:46.69	3
1) Shirey, Tracy	2) Risse, Alix		
3) Lovejoy, India	4) Kielty, Krista		
18 South Winneshiek 'A'		4:58.75	4
1) Hageman, Allanda	2) Hauber, Kelley		
3) Gullickson, Tally	4) Frana, Shelby		
19 South Tama Co. 'A'		5:02.73	4
1) Bradley, Kendra	2) Frundle, Sam		
3) Seymour, Jordan	4) Boldt, Caitlyn		
-- Wbm/Trv 'A'		DNS	4
1) Smith, Laura	2) Frieden, Amanda		

- | | | | |
|--------------------|----------------------|-----|---|
| 3) Berte, Sarah | 4) Cavanaugh, Bailey | DNS | 3 |
| -- Ames High 'A' | | | |
| 1) Sankey, Kayla | 2) Smith, Drew | | |
| 3) Haverkamp, Tess | 4) Farmer, Brooke | | |

Girls 4x800 Meter Relay

School	Finals
1 Johnston 'A'	10:12.65
1) Holdsworth, Andi	2) Clock, Amber
3) Belner, Anna	4) Kipp, Molli
2 Dowling Catholuic 'A'	10:27.04
1) Weier, Kayla	2) McLaughlin, Grace
3) Vaughan, Allie	4) Tobias, Heather
3 South Hamilton 'A'	10:28.20
1) Henderson, Alyssa	2) Rexroat, Caitlin
3) Weltha, Sierra	4) Olson, Bethany
4 Cedar Falls 'A'	10:29.35
1) Strike, Cara	2) Alberts, Alana
3) Anton, Monica	4) Savage, Hannah
5 Hudson 'A'	10:30.04
1) Oltmann, Lauren	2) Hawkins, Claire
3) Henke, Sami	4) Johnson, Katey
6 Urbandale 'A'	10:35.80
7 Waukee Warriors 'A'	10:36.03
1) Poppinga, Emily	2) Peterson, Alyxx
3) Bramble, Molly	4) Gnade, Colette
8 Williamsburg 'A'	10:48.89
1) Claypool, Cora	2) Bruer, Natasha
3) Savage, Kira	4) Gritsch, Morgan
9 Forest City Girls 'A'	10:56.08
1) Sopko, Victoria	2) Kafer, Amy
3) Colmon-Monson, Jazayme	4) Reece, McKenzie
10 Indianola 'A'	11:05.91
1) Arndt, Alison	2) Huffman, Haley
3) Carpenter, Mackenzie	4) Dyer, Anna
11 north linn 'A'	11:15.79
1) ondler, Kayley	2) Schade, jenna
3) Aberle, Amanda	4) Goode, Sarah
12 Mason City 'A'	11:19.41
1) Sanchez, Brooke	2) Busch, Courtney
3) Murray, Ashley	4) Ramone, Savanna
13 Go-Hawks 'A'	11:27.96
1) Arns, Hanna	2) Cashman, Sarah
3) Wheeler, Megan	4) Farrell, Alexia
14 Independence 'A'	11:28.00
1) Price, Steph	2) Short, Brittney
3) Zeiser, Kelsey	4) Meyer, Kara
15 Valley Community 'A'	11:31.99
1) Spain, Alexis	2) Dummermuth, Megan
3) Chapman, Carmen	4) Liebe, Mickenna
16 Cr-Kennedy High School 'A'	11:34.00
1) Terikina, Megan	2) Koskamp, Hannah
3) Kindig, Allison	4) Rohling, Hannah
17 CR Jefferson 'A'	11:34.49
1) Rizer, Maddy	2) Miller, Jennifer
3) Berryman, Andria	4) Steimer, Kylie
18 Waterloo West 'A'	11:38.26
1) Kosar, Morgan	2) Waschkat, Haley
3) Johnson, Tori	4) Cowan, Jordan

19 Tripoli Panthers 'A'	11:57.45
1) Glaza, Jenna	2) Klostermann, Amber
3) Newbrough, Erica	4) Little, Kaitlin
20 Keokuk 'A'	12:16.55
1) Huston, Desirae	2) Knapp, Lexie
3) Elder, Rachel	4) Hunter, Becka
21 South Winneshiek 'A'	12:45.66
1) Wenthold, Ashley	2) Hageman, Breann
3) Kriener, Jared	4) Luenberger, Laney
-- Ames High 'A'	DNS
1) Martin, Courtney	2) Gerritson, Austin
3) Block, Annie	4) Miller, Rebecca

Girls 1600 Sprint Medley

School	Finals	H#
1 Dowling Catholuc 'A'	4:25.63	1
1) Knoblauch, Kelsey	2) DeHaes, Hanna	
3) Kayser, Holly	4) Decker, Ashlie	
2 Johnston 'A'	4:26.59	1
1) Chesnut, Taylor	2) Shoeman, Krista	
3) Coleman, Felicia	4) Belner, Anna	
3 Urbandale 'A'	4:27.10	1
4 Cedar Falls 'A'	4:30.21	1
1) Jordan, Jaqueline	2) Hutchins, Brianne	
3) Crotty, Cassie	4) Hersom, Paige	
5 Valley Community 'A'	4:35.85	2
1) Frieden, Lexi	2) Metzger, Marla	
3) Moyle, Megan	4) Dummermuth, Megan	
6 Waukee Warriors 'A'	4:36.48	1
1) Dupee, Jazmine	2) Raike, Lauren	
3) Poppinga, Emily	4) Brush, Emily	
7 Waterloo West 'A'	4:36.95	1
1) Spencer, Jadyn	2) Swisher, Rachael	
3) Worthington, Kate	4) Coselman, Abby	
8 Hudson 'A'	4:42.68	2
1) Wetherall, Jessica	2) Rickert, Hillary	
3) Henke, Sami	4) Oltmann, Lauren	
9 Indianola 'A'	4:46.62	2
1) Perry, Kendra	2) Bailey, Katie	
3) Arndt, Alison	4) Carpenter, Mackenzie	
10 Williamsburg 'A'	4:48.35	2
1) Eckenrod, Morgan	2) Bigbee, Mackenzie	
3) Meade, McCall	4) Claypool, Cora	
11 north linn 'A'	5:00.03	3
1) Teymer, Brianna	2) Pflughaupt, Amber	
3) Goode, Sarah	4) Helms, Taylor	
12 Keokuk 'A'	5:00.48	3
1) Kies, Chelsea	2) Franklin, Grace	
3) Carman, Rachel	4) Huston, Desirae	
13 South Tama Co. 'A'	5:03.98	4
1) Swanger, Erica	2) Berger, Sierra	
3) Seymour, Jordan	4) Bradley, Kendra	
14 Cr-Kennedy High School 'A'	5:06.93	2
1) Simmons, Mariah	2) Heffernen, Ashley	
3) Harrison, Gina	4) Kleiman, Abby	
15 South Hamilton 'A'	5:07.14	4
1) Rueger, Rebekah	2) Pruisman, Erika	
3) Follmann, Nicole	4) Houdeshell, Ellyn	

16	Tripoli Panthers 'A'	5:10.51	3
	1) Root, Kelsey	2) Wedemeier, Micah	
	3) Ollendieck, Erica	4) Anderson, Taylor	
17	Independence 'A'	5:13.63	4
	1) Laney, Anna	2) Brunko, Morgan	
	3) Eder, Sherokee	4) Clark, Ashley	
18	Mason City 'A'	5:14.40	4
	1) Byers, Paige	2) Birdsall, Teri	
	3) Kibbee, Camie	4) Wiese, Maggie	
19	CR Jefferson 'A'	5:15.10	3
	1) Nolkemper, Brittani	2) Moore, Becca	
	3) Sedlacek, Rachel	4) Kaska, Samantha	
20	South Winneshiek 'A'	5:17.93	3
	1) Smith, Roxy	2) Frana, Shelby	
	3) Phillips, Jalisa	4) Albertson, Sara	
21	Forest City Girls 'A'	5:27.64	3
	1) Moinot, Janelle	2) Moinot, Sarah	
	3) Kleveland, Jessica	4) Steen, Nicole	
--	Wbm/Trv 'A'	DNS	4
	1) Foth, Megan	2) Smith, Laura	
	3) Grimm, Wendy	4) Cavanaugh, Bailey	
--	Ames High 'A'	DNS	2
	1) Biswas, Tulika	2) Sliva, Nicole	
	3) Miller, Bekah	4) Gerritson, Austin	
--	Osage 'A'	DNS	4
	1) Wagner, Nicole	2) Block, Caitlin	
	3) Ackerman, Steph	4) Wolf, Jessica	

Girls High Jump

Name	Year School	Finals	
1 Hawks, Alex	Johnston	5-03.00	1.60m
2 Curtis, Cassie	Johnston	5-02.00	1.57m
3 Alitz, Autumn	Mason City	5-00.00	1.52m
4 Youde, Molly	Cedar Falls	5-00.00	1.52m
5 Bigbee, Mackenzie	Williamsburg	4-10.00	1.47m
5 Carman, Rachel	Keokuk	4-10.00	1.47m
7 Wedemeier, Micah	Tripoli Pant	4-10.00	1.47m
7 Bigbee, Emmery	Williamsburg	4-10.00	1.47m
9 Geertsema, Jordan	Independence	4-08.00	1.42m
9 Follmann, Nicole	South Hamilt	4-08.00	1.42m
9 Eastvold, Heather	Newman Catho	4-08.00	1.42m
9 Beyer, Cali	Tripoli Pant	4-08.00	1.42m
9 Larsen, Tessa	Dowling Cath	4-08.00	1.42m
9 Lehmann, Shantel	Valley Commu	4-08.00	1.42m
9 Brandhorst, Jenna	Hudson	4-08.00	1.42m
16 Shindelar, Sam	South Winnes	4-06.00	1.37m
16 Naber, Katie	CR Jefferson	4-06.00	1.37m
16 Franks, Meganne	Waukee Warri	4-06.00	1.37m
16 Swanger, Erica	South Tama C	4-06.00	1.37m
16 Kuhfus, Alison	South Hamilt	4-06.00	1.37m
16 Shaw, Malinda	Mason City	4-06.00	1.37m
16 Burke, Anna	Valley Commu	4-06.00	1.37m
16 Huebsch, Kristen	Cr-Kennedy H	4-06.00	1.37m
16 Mueller, Sarah	Urbandale	4-06.00	1.37m
25 Henke, Sami	Hudson	4-04.00	1.32m
25 Schickel, Sarah	Newman Catho	4-04.00	1.32m
25 Ridgway, Kelsey	Dowling Cath	4-04.00	1.32m
28 Seemuth, Allie	Waukee Warri	4-02.00	1.27m
28 Beard, Haley	Urbandale	4-02.00	1.27m

28 Simmons, Mariah	Cr-Kennedy H	4-02.00	1.27m
28 Recker, Kendalllyn	north linn	4-02.00	1.27m
32 Kula, Allison	north linn	3-10.00	1.16m
-- Holthaus, Brittany	South Winnes	NH	
-- Smith, Drew	Ames High	SCR	
-- Grant, Lauren	Ames High	SCR	
-- Boldt, Caitlyn	South Tama C	SCR	
-- Gillett, Kaitlyn	Cedar Falls	SCR	

Girls Long Jump

Name	Year School	Finals	
1 Black-Scott, Ar'tiana	Waukee Warri	18-00.00	5.48m
2 Dupee, Jazmine	Waukee Warri	16-02.00	4.92m
2 Clock, Amber	Johnston	16-02.00	4.92m
4 Olson, Kylee	Valley Commu	15-02.00	4.62m
5 Ogaga, Agatha	Cr-Kennedy H	15-00.00	4.57m
6 Miles, Kyla	Urbandale	14-09.50	4.50m
7 Wedemeier, Micah	Tripoli Pant	14-08.50	4.48m
8 Herkelman, Chelsea	Cedar Falls	14-07.50	4.45m
9 Bahl, Kelly	Keokuk	14-07.00	4.44m
9 Hoyle, Shannon	South Hamilt	14-07.00	4.44m
11 Ross, Val	Cr-Kennedy H	14-04.00	4.36m
12 Zimmerman, Breanna	Williamsburg	14-02.25	4.32m
12 Purnell, Mia	Go-Hawks	14-02.25	4.32m
14 Marquard, Hillary	Hudson	14-02.00	4.31m
15 Swanger, Erica	South Tama C	14-01.50	4.30m
15 Wicks, Taryn	South Hamilt	14-01.50	4.30m
17 Sgontz, Taylor	Mason City	14-01.00	4.29m
18 Moorman, Laura	north linn	14-00.50	4.27m
19 Wies, Leah	Newman Catho	14-00.25	4.27m
20 Kies, Chelsea	Keokuk	14-00.00	4.26m
20 Madsen, Ashley	CR Jefferson	14-00.00	4.26m
22 Evers, Marisa	Hudson	13-11.75	4.26m
23 Crotty, Cassie	Cedar Falls	13-09.50	4.20m
24 Larsen, Tessa	Dowling Cath	13-09.00	4.19m
24 Busta, Amanda	Forest City	13-09.00	4.19m
26 Metzger, Marla	Valley Commu	13-08.00	4.16m
27 Lensing, Emily	South Winnes	13-04.00	4.06m
28 Meade, Emily	Williamsburg	13-01.50	4.00m
28 Farland, Courtney	Forest City	13-01.50	4.00m
30 Laney, Anna	Independence	12-08.75	3.87m
31 Davis, Dani	Urbandale	12-07.50	3.84m
31 Berger, Sierra	South Tama C	12-07.50	3.84m
33 Krier, Rachel	Dowling Cath	12-06.00	3.81m
34 Lee, Randi	north linn	12-03.75	3.75m
35 Klostermann, Amber	Tripoli Pant	12-02.25	3.71m
36 Guerra, Taylor	CR Jefferson	11-11.50	3.64m
37 Erwine, Taylor	Johnston	11-07.00	3.53m
38 Holt, Jessica	Go-Hawks	11-04.50	3.46m
-- Smith, Laura	Wbm/Trv	SCR	
-- Simms, Shayla	Wbm/Trv	SCR	
-- Arndt, Alison	Indianola	SCR	
-- Kaiser, Olivia	Independence	SCR	
-- Perry, Kendra	Indianola	SCR	
-- Norris, Kristen	Ames High	SCR	
-- Wandling, Emily	Ames High	SCR	
-- Perrin, Cortney	Osage	SCR	
-- Severson, Amber	South Winnes	SCR	
-- Motz, Julia	Mason City	SCR	

Girls Shot Put

Name	Year School	Finals	
1 Curry, Rachel	Williamsburg	40-06.50	12.35m
2 Spencer, Jadyn	Waterloo Wes	39-00.00	11.88m
3 Stakey, Jess	South Hamilt	35-11.00	10.94m
4 Goodell, Dakotah	Williamsburg	35-10.00	10.92m
5 Messerly, Emily	Waukee Warri	35-05.00	10.79m
6 Cannella, Jennifer	Newman Catho	35-01.00	10.69m
7 Pace, Meredith	Johnston	34-09.50	10.60m
8 Roberts, Kari	South Tama C	34-08.50	10.57m
9 Panther, Carrie	Cedar Falls	33-06.00	10.21m
9 Rademaker, Taylor	Hudson	33-06.00	10.21m
11 Andreessen, Destinee	Go-Hawks	33-00.50	10.07m
12 Draeger, Alyssa	Hudson	32-05.00	9.88m
13 Schultz, Amanda	Cr-Kennedy H	32-04.00	9.85m
14 Payne, Jenni	Independence	32-01.50	9.79m
15 Bailey, Katie	Indianola	32-01.00	9.77m
16 Howard, Sydney	Cedar Falls	31-11.50	9.74m
17 Hanson, Stephanie	Mason City	31-09.00	9.67m
18 McDonnell, Elizabeth	CR Jefferson	31-01.50	9.48m
19 Engels, Adriana	Go-Hawks	30-11.00	9.42m
20 Strong, Rachael	Valley Commu	28-09.00	8.76m
20 Putney, Emily	Forest City	28-09.00	8.76m
22 Sickela, Katie	Cr-Kennedy H	28-07.00	8.71m
23 Carlson, Amanda	Mason City	28-05.00	8.66m
23 Faber, Haley	Dowling Cath	28-05.00	8.66m
25 Peacock, Megan	north linn	28-03.00	8.61m
26 Humpal, Danielle	South Winnes	27-10.00	8.48m
27 Herriott, Morgan	South Tama C	27-04.00	8.33m
28 Greif, Josie	north linn	27-01.00	8.25m
29 Ollendieck, Erica	Tripoli Pant	27-00.50	8.24m
30 Davis, Joelle	Valley Commu	26-11.00	8.20m
30 Lechtenberg, michelle	South Winnes	26-11.00	8.20m
32 Wrice, Kennedy	Urbandale	26-09.00	8.15m
33 Reed, Loryn	Johnston	26-07.00	8.10m
34 Burger, Kendra	Waukee Warri	26-01.00	7.95m
35 Pruisman, Erika	South Hamilt	25-08.00	7.82m
36 Aquice, Gretchen	CR Jefferson	25-04.00	7.72m
37 Arrowood, Brittney	Keokuk	24-09.00	7.54m
38 Snyder, Amy	Tripoli Pant	24-07.00	7.49m
39 Haag, Allison	Dowling Cath	23-04.50	7.12m
40 Halvorson, Gen	Forest City	22-05.00	6.83m
41 George, Jerica	Urbandale	21-05.50	6.54m
42 Hayes, Kayla	Keokuk	19-08.00	5.99m
43 Carlson, Liz	Independence	14-08.00	4.47m
-- Moore, Molly	Ames High	SCR	
-- Beohmer, Claire	Newman Catho	SCR	
-- Humble, Alex	Wbm/Trv	SCR	
-- Abrahamson, Missy	Wbm/Trv	SCR	
-- Tim, Allison	Ames High	SCR	